



*balancing*

**home & work** *life*



*My favorite 'balancing act'...*



*What it used to look like...*





*balancing*

**home & work** *life*



*Balancing requires a stable...*

**center.**



## *Two Core Principles of Balancing:*

1. Balancing is **EASIER** when you're centered.
2. Balancing is **DETERMINED** by your center.

*Center in Christ!*





## Matthew 6:33-34

But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you. Take therefore no thought for the morrow: for the morrow shall take thought for the things of itself. Sufficient unto the day is the evil thereof.

*What words stand out to you?*

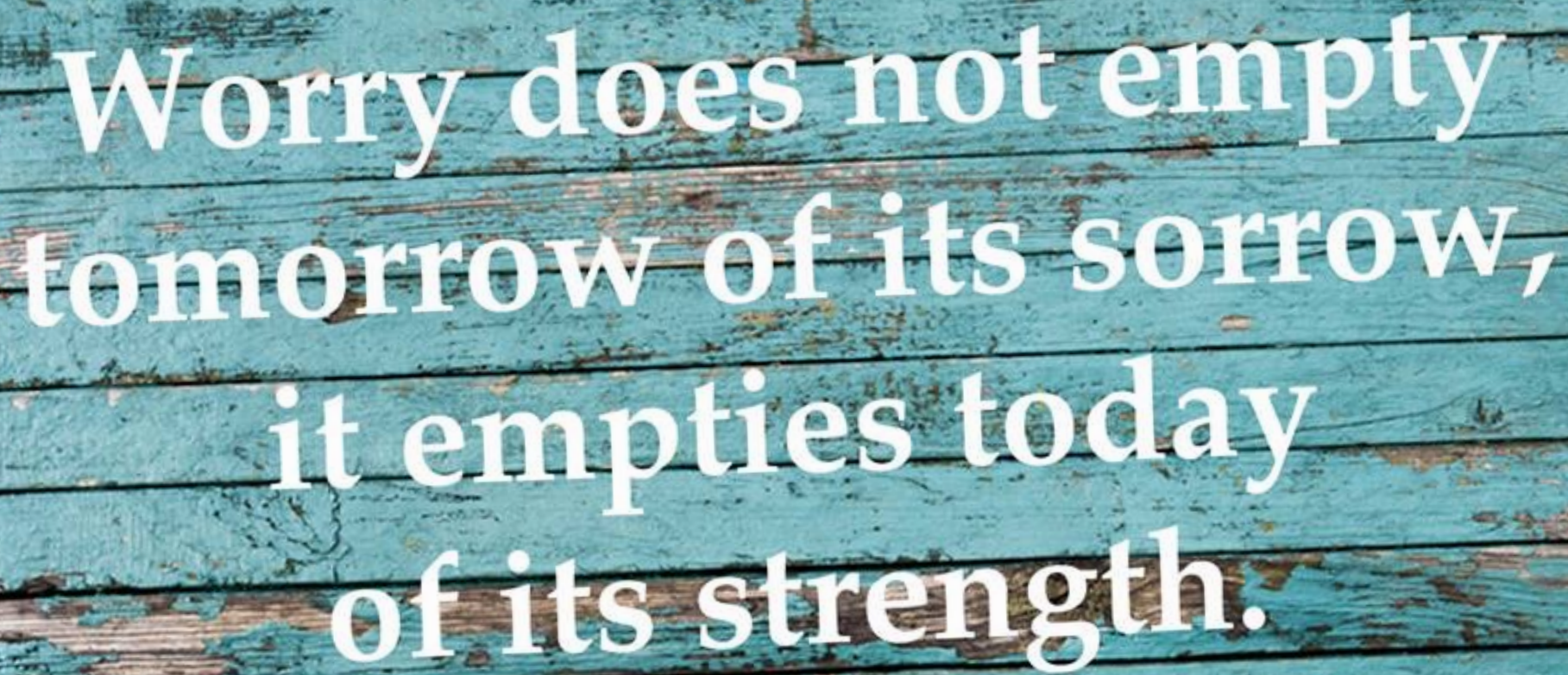


## Matthew 6:33-34

**BUT SEEK** ye **FIRST** the kingdom of **GOD**, and his righteousness; and all these things shall be added unto you. Take therefore **NO THOUGHT FOR THE MORROW**: for the morrow shall take thought for the things of itself. Sufficient unto the day is the evil thereof.

**Don't worry!**

*Center in Christ!*

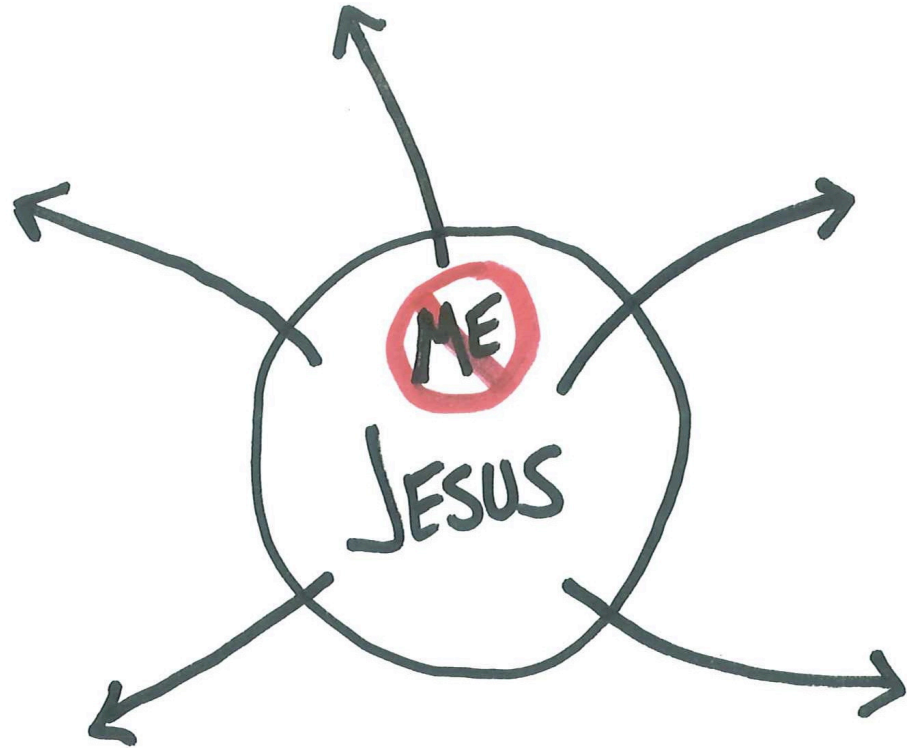
The image features a quote centered on a background of horizontal wooden planks painted in a distressed, light blue color. The text is written in a white, serif font and is arranged in five lines. The quote reads: "Worry does not empty tomorrow of its sorrow, it empties today of its strength."

Worry does not empty  
tomorrow of its sorrow,  
it empties today  
of its strength.

*- Corrie Ten Boom*

*What's your center?*

*Who's the fulcrum upon which your home and work depend?*



*Center in Christ.*

# Complement or Compete?

*When we're centered on Christ, our home and work begin to complement each other rather than compete.*





*Living with a balanced mindset recognizes...*

*I am a better teacher because I am a mom,*

*&*

*I am a better mom because I am a teacher.*





*If God led me to be a teacher-mom, then...*

*He will enable me to fulfill those roles for His glory,  
and He expects those roles to complement each other.*



A. Examine Our *Purpose*: the Why?

1. HOME – To love my family and cherish them more than my work.

- Spouse – complete, respect, champion
- Children – nurture, guide, safeguard
- Parents – honor, protect, provide
- Friends – encourage, relieve, trust



Don't copy mine!  
Make it personal.

# Purpose...

2. WORK – To pursue excellence in my work and relationships.
  - Admin – support, respect, appreciate
  - Peers – strengthen, mentor, collaborate
  - Students – teach, nurture, like!
  - Parents – assist, encourage

Don't copy mine!  
Make it personal.



B. Evaluate Our *Responsibilities*: the What?

Audit yourself – personally and professionally!

1. **KEEP:** Is it essential?
2. **DISCARD:** Can it be eliminated?
3. **DELEGATE:** Who could do this instead of me? (Maybe better!)

*Just because you do something now doesn't  
mean you should do it forever!*

## C. Establish Good *Routines*: the How?

### Guidelines for Establishing Good Routines:

1. Be **organized**.
2. Be **efficient**.
3. Be **consistent**.

*To be truly effective, they must be in this order!*

*What specific routines help you balance home and work life?*



*Routines at...*

# home & work

*Home...*

- Morning Prep
- Cleaning
- Planning
- Wardrobe
- Projects
- Exercise
- Summer

*Work...*

- Lunches
- Weekly Prep
- Free Periods

# What about... **ministry?**

If you're doing it right – centered in and glorifying God...

*Recognize that you are ministering!*

Two Guidelines to Keep in Mind:

1. Never respond with an immediate “**yes**” to a new regular responsibility.
2. Differentiate between high **priorities** and optional **activities**.

*But... What if my world all crashes down?*

**count on it!**

Peter tells us to count on trouble happening! We shouldn't be surprised by it.

But James reminds us also to *Count it all joy!*

(James 1:2, 1 Peter 4:12-13)

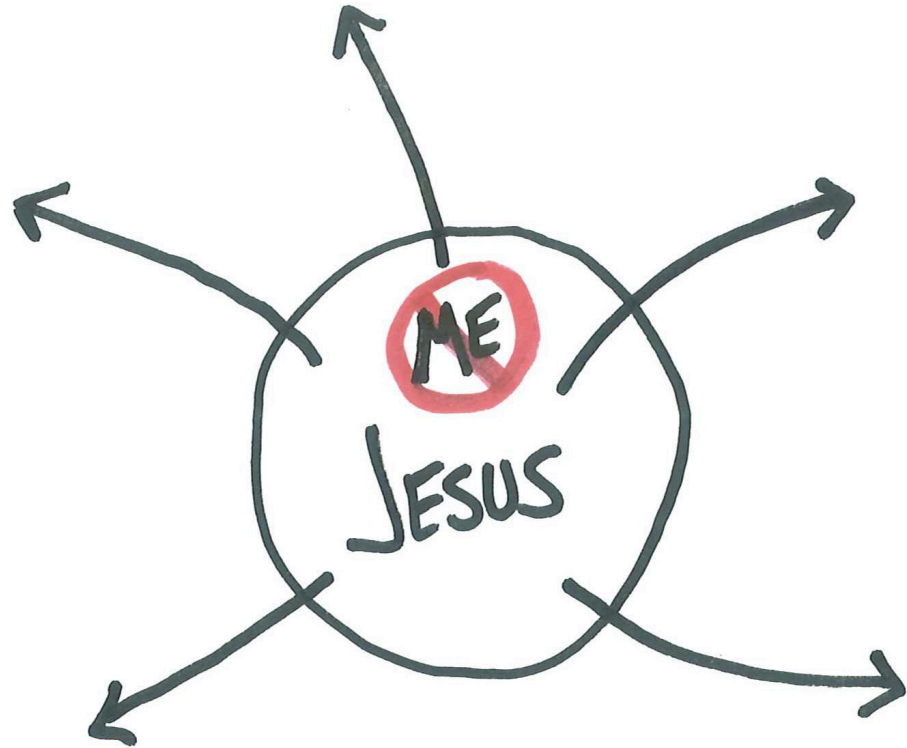
Why? Because He has a purpose for our trials: our growth and His glory.

Remember...

*Jesus is never surprised by our trials. He's with you in them!*

*What's your center?*

*Who's the fulcrum upon which your home and work depend?*



*Center in Christ.*



*balancing*

**home & work** *life*



*balancing*

# home & work

*life*

with Darla Forrester

*Let's talk about balancing!*

Balancing requires a stable \_\_\_\_\_.

Two Core Principles:

1. Balancing is \_\_\_\_\_ when you're centered.
2. Balancing is \_\_\_\_\_ by your center.



Is your home and work frequently **COMPETING** with rather than **COMPLEMENTING** each other? Are you more focused on keeping the weights perfectly matched on both ends while forgetting The Center? God is our perfect fulcrum. The closer we are to Him, the more balance we find in our homes and workplace. My life is *balanced* only when it's centered in Christ.

*But...* How do our roles at home and work *complement* rather than *compete* with each other?

A. Examine Your \_\_\_\_\_: *the Why?*

As Christians, our ultimate guiding purpose in life is to bring glory to God. How does that translate practically to the roles He's given me? What is a good overall purpose for your life, personally and professionally?

HOME – \_\_\_\_\_

WORK – \_\_\_\_\_

B. Evaluate Your \_\_\_\_\_: *the What?*

Audit yourself! Evaluate your responsibilities, both personally and professionally. Remember: Just because you do something now doesn't mean you should do it forever.

Divide Your Responsibilities:

1. \_\_\_\_\_: Is it essential?
2. \_\_\_\_\_: Can it be eliminated?
3. \_\_\_\_\_: Who could do this instead of – maybe better than – me?

C. Establish Good \_\_\_\_\_: *the How?*

How do we go about faithfully fulfilling our responsibilities?

1. Be \_\_\_\_\_.
2. Be \_\_\_\_\_.
3. Be \_\_\_\_\_.

*To be truly effective, they must be in this order!*

Think about your home and work routines. Which routines do you need to work on?

HOME: \_\_\_\_\_

WORK: \_\_\_\_\_

Which one will you work on today? \_\_\_\_\_

### *What about Ministry?*

If you're doing it right – centered in and glorifying God – recognize that YOU ARE MINISTERING! Depending on the stage of life (personal and professional), your additional ministries will change. How can you find good balance in ministry?

#### Two Helpful Guidelines:

1. Never respond with an immediate “\_\_\_\_\_” to a new regular responsibility. Think. Pray. Talk to your spouse. And maybe even your kids!
2. Differentiate between high \_\_\_\_\_ and optional \_\_\_\_\_.

### *In Conclusion...*

Stability comes when we're centered. And that center must be Christ – *Christ in me! Christ through me!* Only then can we “do all things” (Philippians 4:13). Jesus Christ is our stable fulcrum, our solid rock, our sure foundation.

Center your life in Him.

*Being confident of this very thing, that He which hath begun a good work in you will perform it until the day of Jesus Christ. Philippians 1:6*